



## The Challenge

Thank you for participating in INShape Indiana. The 10 in 10 Challenge, which begins on January 15th and runs through March 25th, encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. However, anyone, whether he or she has a weight loss goal or not, can use the information provided during the challenge to make healthy changes. Each week through March 25, you will receive a physical activity and nutrition assignment geared at promoting 1 pound of weight loss each week. The weekly handouts, being prepared with the assistance of a trainer and a nutritionist, will incorporate one suggestion for a change in diet (250 fewer calories a day) and another for increased physical activity (burning 250 additional calories a day). Keep reading to find this week's nutrition and physical activity challenge and get started today!

### Weekly Nutrition Challenge #1



**Reduce excess calories - One 20 ounce bottle of cola is equal to approximately 250 calories. Cut out a high calorie drink each day this week and replace it with water.**

Most of us would agree that few things in life are more important than good health – and one of the most important contributors to good health is good nutrition. We realize this, but oftentimes find it a challenge to consistently eat in a healthful way. Developing a healthful eating style doesn't have to be complicated or confusing. With a little thought – and a lot of commitment - you can achieve the healthy lifestyle you desire. Take a look at your previous eating habits and consider what about them you would most like to change. Look over the following list. Have any of these items posed a challenge for you?

- Skipping breakfast or other meals
- Going to fast food restaurants/dining out often
- Eating second helpings/large portions at mealtimes
- Choosing less than healthy snacks
- Drinking high calorie beverages (i.e. sodas, juice flavored drinks) instead of water
- Eating when you feel under stress/pressure instead of only when you feel hungry
- Eating few (or no) fruits and vegetables each day
- Choosing refined grains instead of whole grains

Choose one or two of the above items (or develop one of your own), write them down, and place them in a prominent place where you are sure to see them at least once – if not several - times a day. These are the habits you will work on first. Take a few minutes to think of how you can change them. Remember, these are habits you have likely had for years. It will take time to successfully make these changes – and for you to feel comfortable with them.



## Weekly Physical Activity Challenge #1

**Go for a walk - Most people can burn approximately 250 calories by walking for about 45 minutes. Each day this week, grab a friend and your walking shoes and get moving!**

45 minutes may seem daunting at first, but there are several things to keep in mind to make this challenge fit into your busy life:

- Break up your walking into manageable sessions of 10 or 15 minutes (The 45 minute challenge is cumulative)
- Park your car 15 minutes away from work to build in a least 30 minutes of walking each day
- For cold weather walking, visit a local mall, church, school, or community center
- Dedicate your breaks to a 10 to 15 minute walk
- Take your dog (or borrow one)
- Find your nearest park

**Good luck with the Challenge!**

**INShape Indiana**

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